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ISSUE 328 / 329

# common ground

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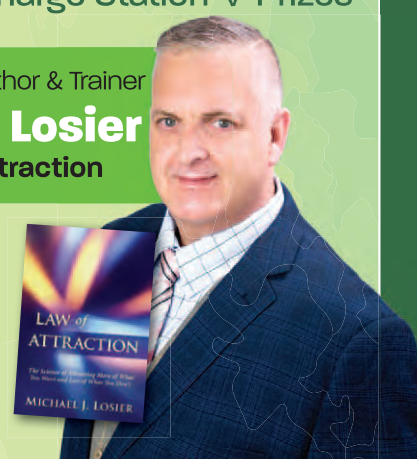


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# THE BIG STALL

by Donald Gutstein



## How big oil and think tanks have blocked action on climate change in Canada

from Quadra Island to north of Prince Rupert, a decision that was necessary to have any hope of moving forward on the national energy strategy. The day before Trudeau approved the pipelines in November 2016, Manley restated his two points as a “grand bargain”: acquiescing to a price on carbon on one side, building pipelines on the other. Manley reminded all and sundry that the Business Council of Canada had signed on to carbon pricing, so long as it meant getting resources out of the ground and to their customers. “I would be very surprised if there were no pipelines emerging from this,” Manley said at a business forum in Lake Louise, Alberta sponsored by law firm Bennett Jones. “Acquiescence to a price on carbon really is looked at as one side of a grand bargain that would see pipelines built in return.” And the day after Trudeau approved the pipelines, Manley applauded, claiming that approving the pipelines “balances strong environmental protection with responsible energy development.”

There was more to this seeming convergence between CEOs and Trudeau. The Liberal government’s blueprint for a low-carbon future, the “Pan-Canadian Framework on Clean Growth and Climate Change,” was eerily similar to the declaration of Manley’s group nine years earlier, “Clean Growth: Building a Canadian Environmental Superpower.” Aside from a focus on clean growth — a declaration that growth will continue whatever “clean” comes to mean — the parallels in the documents are remarkable. The chief executives demanded a “coherent national plan of action”; Trudeau delivers a pan-Canadian framework, not quite a national plan, but on the way. The chief executives asked for investment in new technologies; Trudeau delivers investment in clean technologies. The chief executives demanded price signals such as emissions trading or carbon tax; Trudeau delivers carbon pricing through either emissions trading or carbon tax.

The long-awaited national energy strategy was rolling into the station. Trudeau had already adopted the business framing of a transition to a low-carbon economy as an opportunity. In preparation for meetings in Vancouver with provincial and territorial leaders, he said the talks “will focus on effective ways to...capitalize on the opportunities presented by a low-carbon economy,” not on what we must do to keep global warming within two degrees Celsius.

In Paris, at the make-or-break climate change meetings, the talk was all about two degrees Celsius and even 1.5 degrees Celsius, a vastly more ambitious target promoted by Trudeau’s Minister of Environment Catherine McKenna. It was a target Canada had no intention of meeting, as became obvious over the next year. Canada’s goal was to cut greenhouse gas emissions — its intended nationally determined contribution — 30 per cent below 2005 levels by 2030, reducing emission



The long-awaited national energy strategy was rolling into the station. Trudeau had already adopted the business framing of a transition to a low-carbon economy as an opportunity.

from 742 megatonnes to 517 megatonnes, admittedly a daunting task (projected as of December 2016). Yet while McKenna was setting praiseworthy temperature and emission-reduction targets and Trudeau was telling the assembled dignitaries that “Canada is back,” McKenna was designing Canada’s escape hatch as well, as chair of the Paris Agreement Article 6 committee that authorized emission markets. This would allow Canada to purchase carbon credits from foreign jurisdictions such as California.

Recently, at a widely-publicized American town hall meeting, Bernie Sanders, the independent senator from Vermont, said, “it is absolutely imperative that we get our act together on this issue and take on the fossil fuel industry and transform our energy system away from fossil fuels.”

### Still stalling

Here in Canada, Justin Trudeau’s certainly not taking on the fossil fuel industry, nor is he transforming our energy system away from fossil fuels. Rachel Notley’s not doing it. John Horgan’s climate plan isn’t doing it either. It makes the fossil fuel industry, in the guise of Royal Dutch Shell’s LNG Canada consortium, a partner in the provincial economy.

Neither would Andrew Scheer nor Jagmeet Singh do what Bernie Sanders says needs to be *continued p.9...*

Just weeks after Justin Trudeau won the October 2015 federal election, John Manley, head of the Canadian Council of Chief Executives, business’s main lobby group, gave him some advice on how to get serious about climate change. Writing in the online magazine *ipolitics*, Manley reminded Trudeau that the chief executives had been on record since 2007 about the need to put a price on carbon. He then made two points: Trudeau had to demonstrate a commitment to “responsible” climate action and he needed to step up efforts to support the export of energy products. More pipelines please. And from the actions Manley said must be undertaken — don’t damage the competitiveness of Canadian companies, phase in carbon pricing gradually, use revenues raised primarily to cut corporate and personal income taxes — it’s clear the responsibility was to the financial well-being of Canadian companies and not to the future of the planet.

And that’s what Trudeau did over the next year, demonstrating a commitment to “responsible” climate action without damaging the corporate bottom line, an agenda also followed by Alberta premier Rachel Notley. On the export side of the equation, Trudeau approved two diluted bitumen pipelines plus a liquefied natural gas plant on the British Columbia coast. But he rejected Enbridge’s Northern Gateway pipeline which by this time was clearly dead to everyone, probably including Enbridge. He also imposed a ban on oil tanker traffic



# common ground

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Northern hawk owl  
Grambo Photos  
wildernesscommittee.org

## The examined life is worth living

When people lead, the politicians will follow. But if people defer their power, there are maniacs who are more than willing to take it away and turn us into slaves. The emperor is greedy, delusional, and demands total obedience.

On the other hand, healthy and sincere communication in service of life will help make this a better, fairer, truer world. This is what the battle has been since Thomas Payne wrote *Common Sense* in 1776. And so it has been for *Common Ground* from 1982 to now, and will continue to be. So let's remember: tell the truth enough times and people will believe it.

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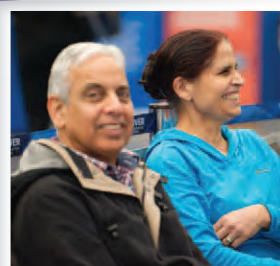
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# BC's LNG industry flogging a dead horse

by Eoin Finn

In British Columbia, LNG (Liquefied Natural Gas) is an industry on life support. The problem: the public is paying for the treatment.

At the height of ex-Premier Clark's LNG-mania in 2013-14, high prices in Asia for the super-cooled fuel provoked a gold rush frenzy in BC. The business idea – to liquefy and ship cheap, fracked BC gas to Asia for high profit – spawned two dozen projects. An obliging National Energy Board granted each of them a permit to export a non-renewable resource. The high prices of 2013, nearly \$20 per million British Thermal Units (mmBTU) subsequently tanked in 2015, scuttling the economic case for BC LNG. The current Asian price for LNG (\$9/mmBTU) is lower than the \$11-\$12 costs of mining, piping, liquefying and shipping it to Asia.

BC wasn't alone in pursuing this opportunity. The U.S., Qatar, Russia, Australia, Papua New Guinea and several African countries with gas-rich shale deposits also commenced LNG projects, many with labour and shipping costs much lower than BC can hope to match. Faced with such competition for a resource product widely available worldwide, BC's fledgling gas industry turned to Governments for concessions to help "make them competitive". So we now have publicly-funded concessions that Federal and Provincial Governments – past and present – have placed in the industry's begging bowl, including:

- no Provincial Sales Tax on gas purchased;
- subsidized (6 cents/ kilowatt-hour) electricity rates (residential customers pay 12 cents/KWh). The 6-cent industrial rate was originally conceived for labour-intensive industries, which LNG definitely is not;
- zero percent LNG royalty tax; 9 percent corporate tax rate on future profits declared in BC. Royalty taxes are payments to the resource owners – in this case the BC public. Much of the LNG industry is financially structured to offshore any profits to lower-tax jurisdictions, as Australia has already learned to its chagrin;
- \$35/tonne carbon tax cap and \$0/tonne on "fugitive" (vented and leaked) gases. The public will pay much higher carbon taxes, as this is ramped up in future years to limit global climate disruption. Fugitive emissions, when fully and accurately accounted for, make LNG a worse climate-warmer than coal;
- \$120 Million a year for infrastructure costs (roads and pipelines to fracking holes). When this is factored into

the skimpy returns to the public purse, the fracked gas industry remits less to BC's coffers than do parking fees and fines in the City of Vancouver;

- reduced property assessments and property taxes. BC has legislated discounted property tax rates for all port facilities;

it would be 14 years before the capital costs of these projects were written off and LNG royalties begin to trickle into BC's public coffers. The fracked gas industry has built up tax credits of a whopping \$3 billion, meaning that, should it ever actually record a profit locally, the first \$3 billion will be tax-free. As the LNG

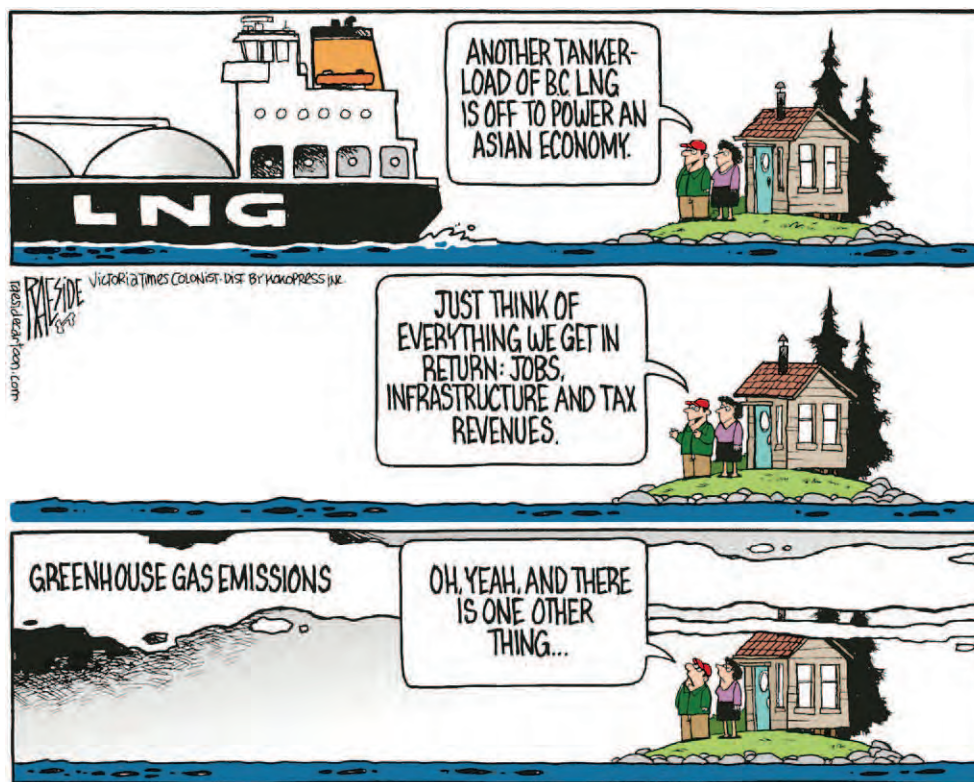
price has fallen to under \$10/mmBTU, that 14-year break-even timing is likely to be further delayed. This mirrors the Australian LNG experience, which has shown break-even periods of 15 years or more for its LNG projects, and a tripling of local gas prices in the face of export competition for local supplies. Australians are paying more for their own gas than are foreign buyers.

Natural gas is composed primarily of methane, as a greenhouse gas 34 times more potent than carbon dioxide. Fracking for natural gas causes severe damage to local environments, permanently pollutes local groundwater, and has been identified as the cause of a series of earthquakes in north-eastern BC. Launching such an industry when we are repeatedly warned by climate scientists to decarbonize our economy

is arguably the opposite of sound economic and environmental planning. This isn't the first time BC politicians have peddled the dream of riches from north-eastern BC – readers may remember the failed experiment with British Columbia Resources Investment Corporation (BCRIC) shares in the late 1970s.

The lesson unlearned: If at first, you don't succeed in a volatile commodity business, learn nothing and try again. Rinse and repeat, this time with more public expense, even skimpier returns and elevated climate risks. When the epitaph of BC's LNG experiment comes to be written, political decisions to grant it such generous public subsidies will be questioned. The BC public must speak up to stop this reckless giveaway of taxpayers' money to a 19<sup>th</sup>-century foreign-owned fossil-fuel industry that is destroying our children's future. ■

Eoin Finn B.Sc., Ph.D., MBA is a 40-year resident of BC and a retired partner of a major accounting/management consulting firm. He is, along with 18,000 signatories to the Howe Sound Declaration ([www.myseatosky.org/declaration](http://www.myseatosky.org/declaration)), actively opposing the Woodfibre LNG plant planned for Howe Sound near Squamish.



- relaxed Temporary Foreign Worker restrictions for imported workers. Unlike Australia, Canada has not negotiated local employment guarantees for the construction and operation of LNG facilities and pipelines;
- exemption from 25% import duty on machinery and equipment. The industry is also appealing a ruling by Canadian International Trade Tribunal imposing a hefty anti-dumping tariff on LNG modules constructed in Korea and floated here for final assembly. Constructing these units abroad denies jobs to Canadian steelworkers and revenue to Canada;
- accelerated capital cost write-downs. The Harper Government hiked the speed at which the LNG industry could write off its huge capital costs (to 30 percent per annum, previously 8 percent), effectively delaying income taxes and reducing borrowing costs for the industry.

All in all, this is extremely generous treatment for a foreign-owned industry which would employ, at most, a tiny fraction of BC's 2.5 million-strong workforce – far fewer than each of BC's high-tech, film and tourism industries. A 2014 study by the Centre for Policy Alternatives showed that, at a \$12 LNG price in Asia,



# Light up your life!

## How LED light therapy helped my sister

by Fairlyn Kamer

**M**y first encounter with LED Light Therapy was via my younger sister, Sarah. When she was just 18 months old, Sarah was diagnosed with rheumatoid arthritis in every joint of her body. She suffered from severe chronic pain daily and had been prescribed every anti-inflammatory and pain medicine under the sun. More often than not, she would end up hospitalized due to side effects and adverse reactions to these drugs. By the time she was 20, she had less than 30 percent cartilage left in most of her joints, and had the bone density of a 70-year-old woman with osteoporosis. She was hunched over and crippled. The pain had become so unbearable in her hips that she decided to undergo surgery to replace them. The surgeries helped reduce the pain, increased her mobility, and alleviated her crooked gait.



After three months she was able to stand up and walk a few steps. In nine months she was able to walk again.

Sarah had been living an independent active life until four years ago when she was hospitalized due to a severe bout of sepsis that began with an ear infection. Again, every joint was affected by the condition. Her left knee swelled to the size of her head, her joints became locked and immobile, and she was bed-ridden for seven weeks. When she was released from hospital her doctors informed her that her weak immune system was comparable to that of an end-of-life AIDS patient. She also learned that the damage from the sepsis was so severe that she would likely never walk again. To function nor-



Close-up of an LED Light Therapy pad (top of page). Sarah Kamer (above left) with Fairlyn Kamer, CLT, article author and owner of Lit LED Light Therapy. Photo by Thom Hamilton.

mally without pain and without the use of a wheelchair, she would have to have many more joints replaced.

Her doctors prescribed numerous prescription drugs to boost her immune system, thin her blood, and decrease inflammation. Having so many issues with medication in the past, this made Sarah very concerned. She was 30 years old and was not willing to accept being in a wheel chair and being dependent on pills for the rest of her life.

Sarah began looking for alternative treatments and found Valery Meyer and her LED Light Therapy clinic in Langley, British Columbia. After seeing Valery twice

a week for three weeks and making some dietary changes, Sarah no longer needed the prescribed immune system boosting and blood thinning drugs. After three months she was able to stand up and walk a few steps. In nine months she was able to walk again. Today her electric wheel chair only gets used for very long distances and mostly serves as a cozy bed for her cat.

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# Preventing and reversing diabetes

Since 2000, the number of people in Canada with diabetes has doubled. Today, one in three Canadians lives with prediabetes or diabetes. Those 20-year-olds now have a 50-50 chance of developing the disease. The risk for some indigenous people is 80 per cent. Close to 40 per cent of newly diagnosed cases occur in seniors.

Diabetes is a metabolic disorder that diminishes the body's ability to usher glucose into cells for use as our primary energy source. To enter our cells, a "gatekeeper" called insulin must let it in. People with type 1 diabetes produce little or no insulin. Over 90 percent of those with diabetes have type 2; they typically produce insulin, but their cells have become "insulin resistant". Here, insulin cannot do its job; blood glucose levels rise as sugar is blocked from entering cells. Over time, body tissues become awash in sugar and health tumbles down a rather predictable slippery slope.

Essentially, being a product of diet and lifestyle, type 2 diabetes is insidious, often undetected for many years. Its rise roughly parallels the increase in weight gain and obesity. Risk doubles in those who are overweight and triples in the obese. Excess body fat plays a strong role

and fat distribution is perhaps even more significant. Weight around the abdomen (apple-shape) increases risk far more than weight around legs and hips (pear-shape). Visceral fat in and around vital organs is potentially damaging. Once referred to as adult-onset diabetes, type 2 diabetes today occurs in teens and even children.

Diabetes is defined as a fasting blood glucose level of at least 7.0 mmol/L (126 mg/dl). Pre-diabetes is often manifested as "metabolic syndrome", characterized by elevated blood glucose 6.1 mmol/L (110 mg/dl) or more), abdominal obesity, elevated blood pressure, elevated triglycerides, and low HDL-cholesterol levels. Untreated or poorly controlled diabetes is a leading cause of blindness, premature heart attack and stroke, kidney failure, nerve damage, and amputations. Most people with diabetes do not die of diabetes: they die of heart disease, kidney failure, and other complications.

Some believe type 2 diabetes to be a matter of bad genes, more than bad habits. While some populations have greater susceptibility, genes serve primarily as a loaded gun. It is almost always diet and lifestyle that pull the trigger.

## Diabetes can be prevented and reversed.

A meta-analysis reviewed 9 well-designed trials, looking at the relationships between dietary choice and diet. They found significant evidence that the choice of a plant-based diet improves glycemic control, and controls potentially damaging blood cholesterol levels, body weight and adiposity in individuals with diabetes.

A new resource featuring delicious recipes using plant foods without added sugars and fats is *The Kick Diabetes Cookbook* (B. Davis and V. Melina, 2018, [kickdiabetescookbook.com](http://kickdiabetescookbook.com)). An excellent option for preventing, treating, and even reversing type 2 diabetes, and other chronic diseases is the Complete Health Improvement Program (CHIP). A scientifically validated program, CHIP has been proven to reduce your risk factors through lifestyle changes. To register for local programs please contact [chipwhiterock@gmail.com](mailto:chipwhiterock@gmail.com) and for other locations and details, see [www.chiphealth.com](http://www.chiphealth.com) [▶](#)

**Vesanto Melina and Brenda Davis** are BC-registered dietitians. See video and resources at [www.becomingvegan.ca](http://www.becomingvegan.ca) and [www.brendadavisrd.com](http://www.brendadavisrd.com)

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...*Big Stall* from pg. 5 done. And certainly not Doug Ford. Like Donald Trump he's doing just the opposite.

In fact you'd be hard-pressed to find a politician in Canada, or anywhere in the world for that matter, with the exception of Sanders, soon-to-be New York State Congresswoman Alexandria Ocasio-Cortez, and a handful of others, who are advocating for what clearly needs to be done -- get our society off fossil fuels -- and fast!



If they can't entice industry to shift to renewable energy, for instance, then they must step in decisively and do it themselves.

Sanders says we need to take on the fossil fuel industry. It's a good call to arms, but he must know that we're going to lose unless we know the enemy and have a realistic assessment of the enemy's strengths and weaknesses. My book, *The Big Stall*, makes that assessment.

It explains Big Oil's vast power and influence over politicians and how this is augmented by the critical backing of neoliberal ideology, which limits the range of possible global warming responses to market solutions. As a result, Big Oil and neoliberal think tanks have blocked action on climate change in Canada and around the world for 30 years. And they're still doing it.

We don't seem to be much closer to controlling global warming today than we were 30 years ago when global warming first became a public issue. We can thank Big Oil and its neoliberal sidekicks for that.

*The Big Stall* explains how and why we've ended up in this desperate situation. And it is desperate: the recent report of the UN Intergovernmental Panel on Climate Change says we need to achieve a zero-carbon economy by the year 2050 -- that's just 32 years from now.


Zero carbon means shutting down the tar sands by 2050, and shuttering LNG Canada's massive LFG plant by 2050 -- that's Liquefied Fracked Gas, not Liquefied Natural Gas. Zero carbon means decommissioning the hundreds of gas fracking sites polluting B.C. and Alberta, saying farewell to the Hibernia oil fields off Canada's eastern seaboard and much, much more.

And we need to achieve zero-carbon in 32 years, because if we don't, the average global temperature will break the 1.5 degree limit that's considered to be relatively safe.

But only relatively safe. We're already up slightly more than one degree since the beginning of the industrial era in 1750 and we can see the enormous negative impacts of this increase.

We've got to get Big Oil and neo-liberalism off our backs. The solutions they offer--carbon taxes, cap and trade, clean growth, a low--not zero--carbon future--will never get us where we need to be.

We've been living with market solutions to global warming for two decades and the dial continues to move in the wrong direction.

Governments need to step up to the plate and take charge. If they can't entice industry to shift to renewable energy, for instance, then they must step in decisively and do it themselves. Just like governments used to do before neoliberalism became our prevailing ideology. 

Text excerpted from **The Big Stall: How Big Oil and Think Tanks Are Blocking Action On Climate Change In Canada**, James Lorimer, publisher. The book is available at Munro's in Victoria, various Chapters outlets in Victoria and Vancouver and online. **Donald Gutstein** is a retired professor of Communication at Simon Fraser University.

## **EVENT December 12**

### **Donald Gutstein speaks in Victoria**

Wednesday, December 12

at the Legacy Art Gallery

630 Yates Street, 7-9 pm.

He will be joined by Bill Carroll of the Canadian Centre for Policy Alternatives-Corporate Mapping Project and University of Victoria and Caitlyn Vernon of the Sierra Club of BC. The Corporate Mapping Project ([www.corporatemapping.ca](http://www.corporatemapping.ca)) investigates the fossil fuel industry in Western Canada.

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# 2018 illuminated with a few choice words

by Bruce Mason

for 2018, indicating another sharp rise in awareness and new hope for action.

*Common Ground* first focused on the WOTY phenomena with “post-truth” in 2016, and featured “complicit” last year – two picks that seem to follow a chilling but logical progression and evolution, especially when coupled with “misinformation,” the 2018 WOTY from dictionary.com.

The recent and rampant explosion and spread of misinformation poses new challenges for navigating contemporary life. It is defined as “false information that is spread, regardless of whether there is intent to mislead.” Too often it is conflated with “disinformation,” but the two aren’t interchangeable. “Disinformation” means “deliberately misleading or biased information; manipulated narrative or facts; propaganda.” The difference comes down to intent.



“Toxic” has expanded into a catch-all descriptor for everything from political discourse, to relationships, to the water in Flint, Michigan, and in 2018, men in general.

In early November, fact-checkers from the *Washington Post* shared their record of the false or misleading claims Donald Trump has made since becoming president. The count was 6,420, an average of about 10 false or misleading claims a day, heard around the world, believed by many, and shared by millions. It has become all too easy to ignore facts that don’t confirm our own world-views and to spread misinformation that does.

The quest to quell misinformation is deeply important. It requires diligence and improved media literacy. This means carefully considering sources of information and committing to reading entire articles, not just headlines, and even fact-checking stories using online sources such as factcheck.org before believing and sharing them.

In many spiritual practices, thought is manifested as word, then deed, before developing into habit and integrating with character. Words of the Year have lasting potential and cultural significance, linking our commonly held thoughts and concerns, bridging the forced divide. It is time to walk the WOTY. **4**

**Bruce Mason** is a Vancouver and Gabriola-Island based five-string banjo player, gardener, freelance writer and author of *Our Clinic*.



It can be difficult keeping up with the pace at which humans are altering Earth’s life-sustaining systems and bringing on a sixth mass extinction. In 2018 the evidence became less circumstantial, more direct.

Against this backdrop, we see injustice, inequity, greed and deceit everywhere. Now, more than ever, we need a clear, common human perspective to counteract our collective death spiral, to help keep our heads above a distracting information tsunami.

It’s therefore little wonder that there’s a lot of interest in the Word of the Year (WOTY). Experts have taken to poring over billions of words, noting those that pop up most often. They choose one that captures “the ethos, mood, or preoccupations” of the past 12 months, a word with the most impact on culture and politics, a word worth a thousand pictures on electronic devices.

In summing up 2018, there are three significant WOTYs that stand out: “toxic,” from Oxford University Press; “single-use,” the choice of Collins Dictionary; and “misinformation,” from dictionary.com. Connecting them provides a snapshot of the year winding down and what’s currently on the minds of our endangered fellow human beings.

The 1962 publication of Rachel Carson’s landmark *Silent Spring* ignited environmentalism by bringing about widespread awareness of nature being deeply compromised by toxic pesticides – especially DDT. Now synonymous with poisonous moral corruption, “toxic” has expanded into a catch-all descriptor for everything from political discourse, to relationships, to the water in Flint, Michigan, and in 2018, men in gen-

eral. Oxford University Press found a spike in look-ups and a phenomenal rise in the sheer scope of the word’s application. The global #MeToo movement put a spotlight on toxic masculinity, which has truly taken root in the public consciousness and has had people talking in 2018. “Toxic” is one word that will most likely characterize the second decade of the 21st Century.

For their part, Collins Dictionary’s lexicographers monitor a whopping 4.5 billion-word corpus to come up with new and notable words. Their top choice, “single-use”, also saw a four-fold increase in usage, signaling a profound change beyond mere language. Once the epitome of a care-free and convenient lifestyle, “single-use” is now at the centre of a global movement to kick our addiction to disposable products.

“From plastic bags, bottles and straws, to disposable plates and cutlery, we have become more conscious of how our habits and behaviors can impact the environment,” Collins says. As a result, almost half of us now feel embarrassed being spotted with single-use plastic items, and nearly one-third have called others out for using them. Taking a swig from a single-use plastic water bottle is becoming as unacceptable as smoking and can provoke a similar backlash.

An estimated eight million tonnes of plastic is added to the oceans every year. Alarming images of plastic in stomachs of fish and seabirds – and unimaginable accumulations along once-pristine shorelines – is motivating a growing global chorus for hefty taxes and outright bans. If left unchecked, plastic will dwarf life in the oceans by 2050. It’s worth noting that Oxford also tracks words used by children. “Plastic” topped that list





Universe Within Gwen Randall-Young

PSYCHOLOGY

# Enlightenment or oblivion

It seems lately that things are spinning out of control in our world, and particularly with our friends to the south. Bright minds everywhere shake their heads with disbelief. It seems astonishing that a leader with such a lack of integrity can continue to govern. In our country too, politicians fight against each other, rather than for the good of the country. International politics looks like kids who just cannot get along on the playground. Yes, I know there is more to it than that, but it is always us against them, whoever “them” might be.

Like tectonic plates pushing against one another, it seems a major shift in consciousness is overdue. Imagine two geological plates straining against one another. When the pressure becomes too much, one will slide over the other.

One plate represents wisdom and enlightenment, the other, polarity and ego consciousness. It seems now that the latter may be overcoming the former, and it is frightening. Devolution seems just as likely as evolution.

There is endless debate about the problems and all that is wrong with the system or the world. There is much to be critical about. However we must move beyond the criticisms and advocate for a more evolved way of being in the world.

The collective consciousness cannot seem to get outside of the mindset of polarity and the seemingly dire need to ‘fight against’ something. We do need to fight against injustice, but where are the voices clamouring for a complete quantum shift that would take us out of the futile but dangerous playground and into a more global consciousness?


**It is time for the wise ones, the rational ones,  
the ones who abhor what is happening in  
the world to make their voices heard.**

The wise, quiet ones talk among themselves but, being peaceful, do not speak out in enough numbers to cause governments to question how they are leading, and what they are leading us into. Look how long it has taken for women to speak out against ongoing injustice, and for their voices to be heard.

Maybe the meek will inherit the earth but what kind of earth will it be? It is time for the wise ones, the rational ones, the ones who abhor what is happening in the world to make their voices heard. It does not have to be on a podium. It can be in the family, in the workplace or the community.

Do not let racist remarks, or negative gossip about another person go unchallenged. Have the courage to call out people, groups or organizations who are not holding themselves to a high and honourable standard.

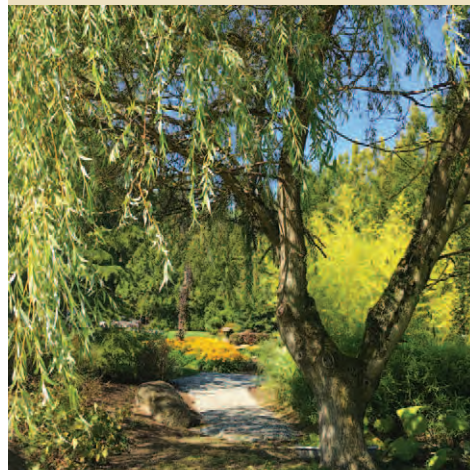
It cannot be right to let hostile, judgmental words come out of our mouths while we criticize the US president for doing the same. I don’t mention his name just like CNN refuses to name terrorists and therefore give them the attention they are seeking.

However, getting rid of him will not solve all of what is wrong in our world. It is the grassroots we have to influence. We have all been granted time on this earth, and we are being tested more than ever to see how we will handle ourselves while we are here. 

**Gwen Randall-Young** is an author and psychotherapist in private practice. To read more articles, or to order books, “Deep Powerful Change” Hypnosis MP3s, or MP3s for Creating Effective Relationships visit [www.gwen.ca](http://www.gwen.ca) or check out her Facebook inspirational page.

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Mac McLaughlin

ZODIAC

# StarWise

December 2018  
January 2019

Should we dare to take a look through the keyhole, and see what is really there? Oh yea, the stars are telling us, and showing us constantly, but we mulishly, and stubbornly continue to drink the poison and complain about what ails us. Several years ago, I wrote about 2019 - 2020 when Saturn and Pluto would visit Capricorn. Well that time is upon us now, and as we can see, and as we well know, we are saddled and burdened with multiple layers of complex problems and concerns. Capricorn rules all government agencies, and the structures and laws that we live by. Pluto behaves like Lord Shiva, the creator and destroyer. When Pluto is involved, we witness the breakdown and decay of society across the planet. Interestingly Saturn, lord of Capricorn will visit this sign for the next two years. Saturn and Pluto meet up in 2020. Saturn's contribution is that of structuring, cleansing, and harmonizing life. Just so we don't complicate this too much, Saturn helps us to see what is truly wrong, while Pluto represents breakdown, decay and renewal.

I don't think that I need to drag us over the coals. We know what is wrong, and we just need the willpower and determination to make it right. The image of that dear mother that lost her son to gun violence said it all. "I don't want your prayers and well wishes. I want gun control" No more guns! We are a destructive people. We take and take, and kill whatever we want, to get what we want, and to hell with the consequences. Although it may seem like a far-out concept at this point, and certainly utopian, but imagine life on this planet without guns and weapons of any sort. If we don't sort things out, Mother Nature will. What are we leaving behind for the generations to come? What will our great, great grandchildren's heritage be like? We need to think long and hard about what we are doing to the environment, and then collectively do something about it. We need to become humane beings and we need to extend our love and caring to all the inhabitants of the earth. They deserve to be treated with kindness and often that simply means leaving them alone and letting them be.

Oh, I can hear the moans and groans already. Preposterous you say, ridiculous and unattainable, flowery, spacey, impossible. As my beloved Guru, Param Sant Kirpal Singh Ji Maharaj would say, the word impossible can be found in the dictionary of fools. Hurry up people, it's later than you think.

**Mac McLaughlin** has been a practising, professional astrologer for more than four decades. His popular **Straight Stars** column ran in Vancouver's largest weekly newspaper for 11 years. Email [mac@macsstars.com](mailto:mac@macsstars.com) or call 604-731-1109.



**ARIES** Mar 21 - Apr 19

Enjoy the holidays, rest up, relax and make ready for a very dynamic start to 2019. Lord Mars spends 45 days in Aries starting January 2. Make a plan, choose a direction, and hurl yourself out the door and get at it. All engines are firing, and a great opportunity awaits you. Don't waste it.



**TAURUS** Apr 20 - May 21

Man and woman cannot live by bread alone. Manna from heaven will help. Your solar ninth house is stacked up with planets indicating a spiritual renewal, make-over or birthing of some sort. More trinkets, properties or dollars will not help. Open your hands, and open your heart, and give of yourself generously.



**GEMINI** May 22 - Jun 20

The universe is sending clear signals regarding the correct pathway ahead. In typical Gemini fashion you can think and rethink and think again about what you must do. But in reality, you already know what you must do in order to get yourself together and get things right. Mercy and grace come into play now.



**CANCER** Jun 21 - Jul 22

Pay attention to what takes place on December 21 and 22. We have the winter solstice and a full moon taking place as the Moon heads into Cancer. It tells of a time of revelation, maybe revolution, and certainly some form of evolution for your sign. A time of great growth, and hard work is on board.



**LEO** Jul 23 - Aug 22

Mars and Jupiter the two fiery brothers of the Sun cast triangles your way throughout January 2019. This is certainly auspicious and should be capitalized upon. Romance, finance, travel and spirituality come into play. It's not all roses, there's some work to be done as well. Health and restructuring of your lifestyle need some attention.



**VIRGO** Aug 23 - Sep 22

You can be too busy, so busy that you start moving backwards. Remember the saying, 'the hurrier I go, the behinder I get'. Take some time to ensure that you are being nurtured on a deep level, otherwise your attainments won't mean much. Work hard, play hard, pray hard, is best.



**LIBRA** Sep 23 - Oct 22

Six planets in the cardinal signs usher you into the New Year. Spend December weighing up what you would like to accomplish in 2019. Libra possesses the super computer brain designed to handle mass amounts of information. Creative energy in the fields of academia, the arts and other fields of interest are at your beck and call.



**SCORPIO** Oct 23 - Nov 21

December is a special month for Scorpio as Venus moves through your sign, while lord Mars casts a trine. Besides being the traditional planet of love and creativity, Venus also represents ethics and morality. It's your time to shine. Study, work, dedication, devotion and persistence will pay big dividends in the future. Make it work.



**SAGITTARIUS** Nov 22 - Dec 21

If I were a Sagittarius, I would stride into the big guys office in January and present my visionary view of why he should have me on board. You might be right on target. If you get heaved out the door, get up and go again. You see the big picture, and your vibes are right.



**CAPRICORN** Dec 22 - Jan 19

After WW 2, Capricorn Aristotle Onassis observed the rusting and useless ships sitting in a bay. He told the broker, "I'll take them all, give me six months to make a payment". He became a billionaire. Muster your moxie and make your move. 2019-2020 and 2021 are the most important years of your life.



**AQUARIUS** Jan 20 - Feb 19

In my mind, it has always been about the Aquarians. They are gifted in so many ways it's nearly daunting to keep up with them. Okay enough ego stuff. Get to work. I don't profess to know how you do what you do, but I know you can do it. Health is number one.



**PISCES** Feb 20 - Mar 20

Fiery Mars visits throughout December getting you all fired up. He joins up with Neptune mid-month, and you may feel stuck in some way. It is important to watch what you put into your body. Go easy on substances and medications. Outside of that, you may feel emboldened and ready for some important changes. <

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# Climatology as eschatology

by Geoff Olson

disruptive and uncontrollable levels of climate change, bringing starvation, destruction, migration, disease and war,” he warns. Bendell calls for “deep adaptation,” a sort of global Marshall Plan to adapt to the unavoidable impacts of climate change.

This November, an estimated six thousand members of the “The Extinction Rebellion Group” blocked five bridges in London, protesting inaction on climate change. The more fatalistic of the climate Cassandras insist that it’s too little too late. “We’re doomed,” says Mayer Hillman, an 86-year-old social scientist and fellow emeritus of the Policy Studies Institute. “I’m not going to write anymore because there’s nothing more that can be said,” he told *The Guardian*.

Guy McPherson, an emeritus professor who taught natural resources, ecology and evolutionary biology at the University of Arizona, coined “near-term human extinction” back in 2007. For over a decade he has been archiving increasingly dire climate change reports and commentary on his website “Earth Bats Last.” McPherson, who projects the end of our species by 2030 from cascading climate-related disasters, posted a suicide notice for readers on the front page of his site. “I’m not advocating for or against suicide,” he avers.

Really? Suicide is a viable option?

There are now Facebook support groups for people grieving humanity’s last few years. Experts less pessimistic than Bendell, McPherson, and others have drawn attention to some terrifying recent findings in climatology and other sciences. Paleontologists say we are presiding over Earth’s sixth great extinction. As a species, we are hardly free from biological limits: any population of organisms that grows exponentially (the current world population of 7.6 billion is expected to reach 9.8 billion by 2050) faces resource limitations at some point. It’s an iron law in biology, as reliable as mitosis.

“Things don’t look good” is the understatement of the Anthropocene age. However, believing in near-term human extinction is like interpreting the partial and probability-based climate projections as a secular *Book of Revelation*. But if we are free to anticipate the human-extinction threat of climate change, we are also free to anticipate lesser scenarios at the other end of the climate projections – even if the latter still involves increasing wildfire, hurricanes, sea level rise, species loss and massive dislocations of human populations.

The probability of human extinction (a “known unknown”) is one thing. Its subjective dimension is another: could climatology morph into a form of eschatology? What if near-term human extinction is mainstreamed as a widespread cultural belief? Christian fundamentalists would presumably welcome the End

Times, while New Agers retreat into superstitions of cosmic deliverance. Secular humanists, for their part, would be comforted by impending nonexistence. Nihilism on steroids.

The climate Cassandras are already making for some strange bedfellows. In August, the Trump administration chose to freeze fuel efficiency standards for cars and light trucks built after 2020. Presumably a rationale was embedded in comprehensive environmental impact statement by the National Highway and Safety Administration. The NHTSA combed climate science literature to cite a possible global five degree celsius temperature increase by 2100.

You see the problem. The possibility of near-term human extinction does not threaten the power elite. If anything, it could be quite convenient to them. For the rest of us, why struggle for corporate regulations, renewable technologies, or any form of social justice for that matter? If we’re cooked, we might as well ditch the vegan diet, pile on the frequent flyer points and go party in a Hummer. If extinction is in the cards, isn’t it better to fulfill our daily social commitments as best we can rather than live a life of despairing, paralyzed awareness?

As professor McPherson writes, “I have sacrificed my paid position as a tenured full professor at a major university, the attendant privilege, the associated easy money, and virtually every relationship in my life in the pursuit of rational scholarship.” I have no doubt about the man’s sincerity and his commitment to rationality, but the biologist’s own bio brings the words of Friedrich Nietzsche to mind: stare into the abyss long enough and the abyss stares back.

Scientists say that a volcanic eruption blocked out the sun for 18 months in the year 536 AD, triggering a full century of crop failures and famine across Europe. The early medieval era made for a miserable stretch of existence. Yet humanity struggled through.

There is a possibility that our species will survive a climate catastrophe already in the works, one different in both degree and kind from its medieval precursor. For me to believe otherwise is too despairing a prospect (your mileage may vary, as they say in auto ads).

Capitalism’s model of infinite growth is already coming up against the real-world restraints of a finite planet. Yet,

until I see undeniable evidence that the human experiment is over and done with, I will insist on exclaiming, like the old geezer in *Monty Python’s* absurdist take on the Dark Ages, “I’m not dead yet!”

mwiseguise@yahoo.com



Eschatology | eskəˈtäləjē |

**noun:** the part of theology concerned with death, judgment, and the final destiny of the soul and of humankind.

“Bring out your dead!” a man yells from a horse-drawn cart full of bodies in the medieval comedy, *Monty Python and the Holy Grail*. A villager, carrying an old man over his shoulder, approaches the cart. “I’m not dead yet,” the old man weakly protests. The cart driver is reluctant to accept a carcass showing signs of life, but after a few coins change hands, he strikes the old man over the head and pitches him onto the heap of bodies.

“Near-term human extinction” nets 33,000 hits on Google. It’s a meme that leaves me feeling like the medieval geezer in the Python skit: stubbornly resistant to its message of impending termination.

Many respectable climate scientists insist humanity has crossed several irreversible climate thresholds. Some also say the International Panel on Climate Change (IPCC) is erring on the side of caution with overly optimistic projections concerning global warming. To avoid being alarmist, the IPCC has refrained from factoring in feedback effects such as methane hydrate release from the oceans and the loss of heat reflectivity from shrinking Arctic ice.

Jem Bendell was a professor of sustainability leadership and founder of the Institute for Leadership and Sustainability (IFLAS) at the University of Cumbria, in the UK. Earlier this year, he published dire warnings on his blog after an academic journal refused to publish it. “The evidence before us suggests that we are set for

# Peak fitness

## Get fit with less exercise time



cial to optimal health.

Other benefits associated with interval training include:

- Reduced body fat
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- Improved muscle tone
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- Increase in energy

The benefits of Peak Fitness are enhanced when combined with intermittent fasting, a scheduled eating plan. Working out in a fasted state can help your cells rebuild and repair and keeps them biologically young. This also improves your body's fat burning mechanism and helps your body shift from burning glucose to burning fat as fuel.

### How this exercise program is performed

One of the many advantages of doing Peak Fitness exercises is that you don't need a gym to do it. This routine is done twice a week with any type of exercise. I personally do high-intensity exercise using a recumbent bike or an elliptical machine.

While sprinting outdoors is one option, you must be very careful to avoid injuries. Unless you are an athlete or have high fitness levels, I advise avoiding sprinting, as many get seriously injured. If you are keen on sprinting, make sure you allot time to stretch properly.

### A Peak Fitness exercise usually looks like this

Warm up for three minutes.

Exercise as hard and fast as you can for 30 seconds. You should be gasping for breath and feel like you couldn't possibly go on another few seconds. It is better to use lower resistance and higher repetitions to increase your heart rate.

Recover for 90 seconds, still moving but at a slower pace and with decreased resistance.

Repeat the high-intensity exercise and recovery seven more times. When you're first starting out, depending on your level of fitness, you may only be able to do two or three repetitions of the high-intensity intervals. As you get fitter, just keep adding repetitions until you're doing eight during your 20-minute session.

Cool down for a few minutes afterwards by cutting down your intensity by 50 to 80 percent.

If you are not in shape, you will only want to start with a few reps and work your way up to the full eight reps. Also, you never want to do this more than three times a week as your body requires time to recover from this extensive stress if you are to recover properly and receive all its benefits.

### You can achieve your fitness

goals by replacing hours-long

cardio sessions with high-

intensity interval training,

which is done by combining

short bursts of intense exercise


with ample periods of rest.

During this time, you'll want to raise your heart rate to your anaerobic threshold that can be attained by working out as intensely as possible for 20 to 30 seconds. To calculate your anaerobic threshold, subtract your age from 220. As mentioned before, all you need is 20 minutes or less to complete the entire workout.

### Reach the peak of your fitness goals

So are you ready to take your workout to the next level, reaching your fitness goals in only a fraction of the time? Check out my infographic on this important development in the fitness world and learn more about my high-intensity fitness regimen. Also discover tips and



other workouts that you can incorporate to your daily exercise program. [Visit [www.mercola.com](http://www.mercola.com) and search for What is Peak Fitness?] 

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Exercise is an essential part of a healthy lifestyle. I, along with countless other health experts and scientific studies, attest to its many benefits. Performing it correctly will produce positive biochemical changes in your body and even help prevent certain chronic diseases. Yet committing to a regular exercise program is one of the biggest issues people face today, as many simply do not have the time to do it.

Fortunately, recent studies show that you can achieve your fitness goals by replacing hours-long cardio sessions with high-intensity interval training, which is done by combining short bursts of intense exercise with ample periods of rest.

After 30 years of long-distance running, I finally switched to high-intensity interval training or anaerobic training, which is a part of my total Peak Fitness

program. In as little as 20 minutes, twice a week, Peak Fitness has helped me obtain numerous benefits – more than what conventional aerobic training can bring.

### What's in it for you?

One significant benefit of high-intensity interval training is the increased production of human growth hormone (HGH), also known as the “fitness hormone.” HGH is a synergistic, foundational, biochemical underpinning that promotes muscle and effectively burns excessive fat.

While Peak Fitness type exercises are more successful at fat burning and weight management, they can also benefit your heart and lower your risk for certain chronic diseases like diabetes. The reason is high-intensity interval workouts can help improve insulin sensitivity and glucose tolerance – two things that are cru-





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# Copyright Act to be reviewed

## Gray areas include tattoo designs and “orphaned works”

**W**hen you think about it, intellectual property is quite a strange concept. Ideas are, in and of themselves, intangible and any move to label them neatly with the purpose of slapping a barcode on them is never a simple, clear-cut endeavour.

Copyright – which falls under the intellectual property umbrella and refers to the right of an author to profit from the copies of their work – has been around since the French came up with the idea in the 1700s. Of course, people in the 1700s could never envision how copyright law would apply when it came to decide who owned the tattoo designs on a basketball player’s body when digitized to be featured in a video game, or how Halloween costumes based on mythological characters used by a big movie franchise (like Marvel’s Thor, Hela, or Loki) could land a costume company on shaky copyright grounds.

But the strangeness of copyright does not end there. Most people know of either the “public domain” (ideas that belong to the commons and are free to be repli-


cated) and of copyrighted material. But there is a gray, Schrödinger’s cat kind of area. Enter: “orphan works” — works that are neither public nor quite owned by someone. How can this happen?

**As our digital society shifts to new forms of cultural expressions, the law will have to keep up.**


Sometimes the copyright holder of a piece of work cannot be located. Sometimes this is because of the death of the rightsholder, unknown inheritance of rights, or simply due to erroneous or missing contact information. Works where the copyright holder is unknown or where they cannot be located are commonly referred to as orphan works.

Section 77 of the Canadian Copyright Act allows people to obtain non-exclusive licenses for orphan works after proving that “the applicant has made rea-

sonable efforts to locate the owner of the copyright and that the owner cannot be located.” If the copyright holder appears within five years, they can claim the royalties from the license issued by the Copyright Board.

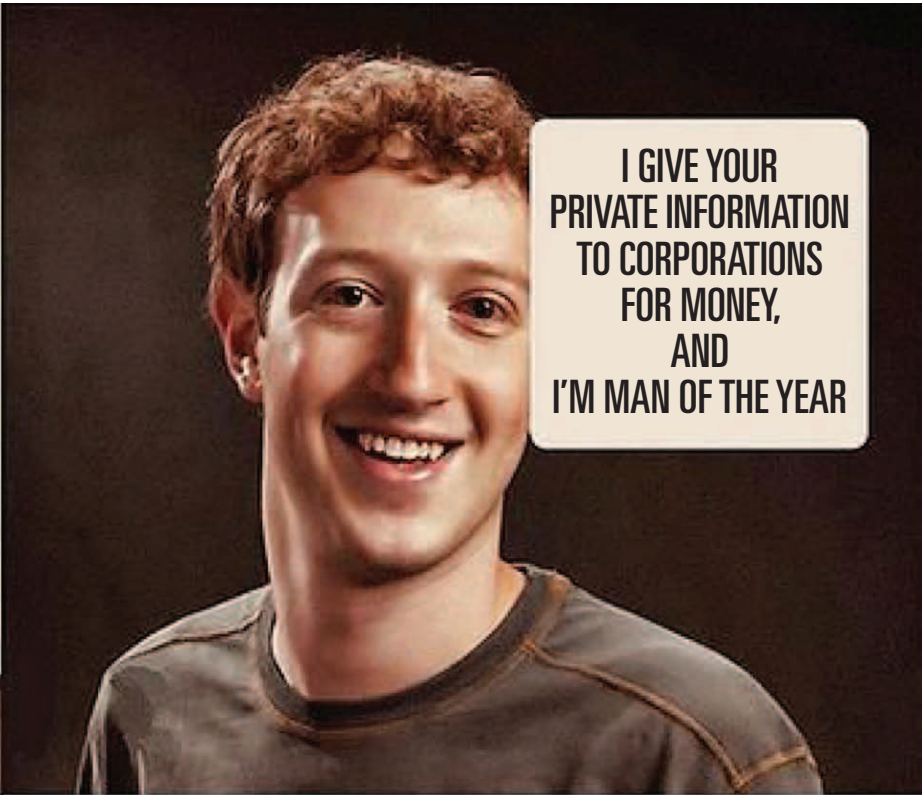
So, there you go. The Copyright Act *sometimes* accounts for the strange gray areas regarding intellectual property. As you might imagine, as our digital society shifts to new forms of cultural expressions, the law will have to keep up. Right now, the government of Canada is conducting a review of the Copyright Act — something that has not happened in a while. Don’t miss your chance to have your say and ensure the Act works for you. OpenMedia has made it easy to participate in the consultation; just go to [LetsTalkCopyright.ca](https://LetsTalkCopyright.ca) to learn more and take action. 

**Marianela Ramos Capelo** is a Design Specialist in the communications team for OpenMedia, a non-profit organization that works to keep the internet open, affordable, and surveillance-free.



I GIVE PRIVATE INFORMATION ON CORPORATIONS TO YOU FOR FREE, AND I’M THE VILLAIN

## Julian Assange



I GIVE YOUR PRIVATE INFORMATION TO CORPORATIONS FOR MONEY, AND I’M MAN OF THE YEAR

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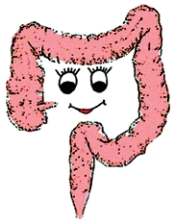
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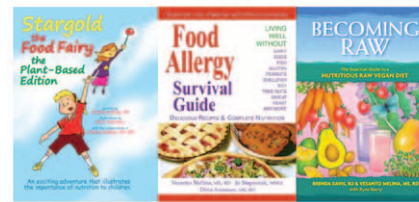
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# Dave Harris, one man band

## 40+ years of busking

**T**he rich musical life and legacy of Dave Harris is much greater than the sum of its eclectic parts. He stopped counting new songs in his repertoire at 500, and albums he's collected beyond 10,000. He is still recording CDs but has lost count. And he no longer actively adds to his definitive 419-page *Head, Hands and Feet: A One Man Band Book*.

From early spring to late fall, and on windless sunny days between, he can be seen and heard at one of Canada's most popular destinations: Victoria's Inner Harbour, linking the Tourist Info Centre, famed Empress Hotel, Provincial Museum, and BC Legislature.

A good deal of the action and attraction is on the pedestrian causeway. Against a spectacular backdrop of sea, sky and assorted moored vessels and waterfront condos, jugglers, carvers, statue acts, and others, set up shop. Art, performance and commerce take shape as Harris unpacks in the north corner, where pedestrians find seating, shelter, ambience and food trucks. It has been his home-base for decades.

"My current setup is: Farmer foot drums (bass, high-hat, snare, woodblock, shakers, tambourine, National steel body tricone 12-string, Regal single cone steel body 6-string banjo, fiddle, a stack of concert harps, stool, stands, bungee cords, a four-wheeled hand-cart, books, CDs and strings," he reports. "That's scaled back over the years, including another guitar, fiddle, and Dobro mandolin." Also missing in action: a fottella, the foot-operated bass invented by legendary one-man-band (OMB) Jesse "Lone Cat" Fuller, who wrote the enduring *San Francisco Bay Blues*. The fottella was "too heavy, quiet and prone to break-down," says Harris who hopes for improvements to integrate and round out his instrument arsenal.

"It still takes 15 minutes to arrange everything and tear it all down," he reports. "I'm wary of gusts of wind, after a few instruments toppled over and broke. And keep a large umbrella handy for rain, shade and shelter from bird droppings."

He often plays guitar or banjo simultaneously with drums and rack harmonica, switching to fiddle, with no break in the beat. That makes him unique, and he would know. "I couldn't find any OMB information, so I spent three years of evenings and off-seasons researching and writing *Head, Hands and Feet*. It includes 900 examples and 1,200 visuals, from Japan, Australia, all over Europe, and North America."

For years he stuck with his passion for blues, becoming an accomplished player – following in the long tradition of blues artists on the street – and an authority on the subject. Over time he learned that diverse, upbeat material works best when busking. So he integrated folk, rock, country and bluegrass, mixing genres and generations while introducing and



photo by Benjamin Madison

showcasing his more obscure blues mentors.

After decades of busking, his own compositions get the biggest shout-outs from regulars and returning visitors, such as *Crowded at the Bottom*, and the most-requested *Give Them Their Flowers*.

A request for stories is filled as quickly and cheerfully as a query for songs. A \$20US tip from Stephen Stills, in town for a CSN concert. Another \$20 – this time Canadian – while tuning his 12-string. "Don't bother, they're never in tune. Do you know *Summer Wages*?" asked Ian Tyson, who wrote the tune and enjoyed Dave's rendition. Full circle: on a rare busking stint in his hometown Toronto, he was honoured to accept a between-songs invitation from Sylvia Tyson, to join her band on-stage that evening.

Impromptu passers-by who pick up a guitar not in use have included Colin James, wowing on-lookers with *Crossroads*. And hoop-star Steve Nash, who fell a tad short. "Don't give up your day job," the crowd advised the good sport, good naturedly.

His biggest hit: the elderly lady who tipped Harris a generous \$5. Then, after a few minutes of fiddle music, emptied her change purse into his case, including a roll of bills, wrapped with an elastic band. She then disappeared, anonymous and untraceable, shouting "Thank you! Thank you!" Harris – who had never before seen a \$100 bill and curious about the outer brown colour, peeled it off and counted the contents: \$562. Unable to return what he calls a "ridiculous" tip, he purchased a better violin the following day.

Dave typically starts about 10 am at his "office", takes a lunch break, and signs-off at about five. Often a night shift is added. He once logged 13 hours straight and laughs at musicians who complain of two and three hour concerts.


"Few people think of busking as a career and some look down on it as begging, dropping doggy bags for lunch or dinner in my case, or almost anything else you can think of. But I've made it work, since the mid-70's and never had a welfare or regular pay-cheque.

I chose a quality of life I like. I sleep in my own bed, work in a beautiful environment, and meet new people from all around the world, every day" he explains.

"It's commonplace to be approached by middle-aged people who watched me as children, often with their own offspring in tow. Some of the best moments include one-year-olds jiggling around,

looks of wonder on their faces, elderly couples dancing to *Blueberry Hill*, and groups getting down to *Slipping and Slidin'*. Sometimes I feel old, but proud to still be here and remembered, hoping to be busking until the day I die," concludes Harris.

Adding up the folks he has made music with on the street and elsewhere, and the number of bands he has played in, off-street, over the years, is impossible. A best-guess would likely come close to, if not top, virtually anyone else, anywhere. Among other groups, he currently plays in a skiffle band and with The Three Daves, which performs Hank Williams, exclusively.

Harris qualifies as a national legend, if not treasure. For proof, Google "Dave Harris One Man Band". Search YouTube to experience his music yourself. Better yet, drop by Victoria's Inner Harbour. You can't miss Dave Harris, One-Man Band. 

For a list of tips and etiquette for buskers, email [brucemason@shaw.ca](mailto:brucemason@shaw.ca).





# Human behaviour at root of orca plight

**N**ews about orca mother Tahlequah carrying her dead newborn for 17 days through the Salish Sea this summer was heartbreaking, and rightfully captured the world's attention. It highlighted the plight of one of Canada's most endangered marine mammals. The southern resident killer whale (orca) population has dropped by 25 per cent in two decades. Just 74 remain, and none has successfully given birth in three years.

The southern residents' survival depends on chinook salmon, their primary food. In the Fraser River, 11 of 15 chinook stocks are highly depleted and require conservation action. Habitat destruction, fisheries, agricultural runoff, warming and acidifying waters from climate change, and disease threats from open net-pen salmon farms all play roles in chinook decline. Commercial and recreational fisheries compete with whales for salmon, and their presence, along with all ocean traffic, disrupts the feeding whales.

Sports fishing groups attribute chinook declines to seals and sea lions and are calling for culls. But blaming seals doesn't explain low chinook returns.

It's tempting to look for simple linear solutions such as a cull, but it's highly unlikely to have the desired outcome. The complexity of marine food

webs requires a non-linear view that includes millions of ecological possibilities. According to one study, only four per cent of a harbour seal's diet is salmon, and an even smaller proportion is chinook. Seals eat all species of juvenile salmon, and only rarely the adult salmon recreational fisheries target. It's plausible that a seal's presence increases rather than decreases chinook numbers.

**Humans are the main threat to wildlife. We must take responsibility and change our destructive ways.**

Many people calling for seal and sea lion culls also point to increased hatchery production as the best solution to plummeting wild salmon stocks. But during more than 130 years of West Coast hatcheries, fisheries have collapsed, and wild salmon populations have declined. The proliferation of hatcheries between 1900 and 2014, among other factors, led to a 97 per cent reduction of wild Puget Sound steelhead.

Pacific salmon are an adaptive species, capable of measurable genetic variations within 17 generations

and able to adjust to the variable natural environments where they were born. Artificially selecting parents in a hatchery removes much of the natural selection necessary to ensure effective adaptation.

Hatchery fish can never really be wild. Their presence can do more harm than good. Those that survive compete with wild fish for food, and in some cases may eat smaller wild fish. Often the use of hatcheries results in a drive for more fishing to justify hatchery costs or to avoid taking necessary actions such as reducing catch and restoring habitat to rebuild wild fish populations.

Commissioner of the Environment and Sustainable Development Julie Gelfand called the federal government's measures to protect endangered orcas reactive, limited and late. Humans are the main threat to wildlife. We must take responsibility and change our destructive ways. If we want orcas and other species to survive, we should look in the mirror and change our own behavior. ◀

Excerpted from the original article. **David Suzuki** is a scientist, broadcaster, author and co-founder of the David Suzuki Foundation. Written with contributions from David Suzuki Foundation senior editor Ian Hanington. Learn more at [www.davidsuzuki.org](http://www.davidsuzuki.org)

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## FEB 2-3

**The Wellness Show in Vancouver:** exhibits, seminars, cooking demos, prizes & more. Featuring The Nesters Market Organic Marketplace, Women's Power Panel, Traditional Medicinals Tea Lounge, Bodhi Meditation Garden, Table Tennis & more. Vancouver Convention Centre, West Building. [thewellnessshow.com](http://thewellnessshow.com). Event info: 604-983-2794.

## FEB 2-3

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## FEB 8-10

**Introduction to Hand Reflexology** commences Certificate Weekend Training Course. Friday Introduction 7.30 pm \$10; Course \$395 + GST. Pacific Institute of Reflexology in Vancouver, (604) 875-8818, [www.pacificreflexology.com](http://www.pacificreflexology.com)

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# Climate, hypocrisy and the citizen

by Bob Hackett

Anyone who's criticized Big Oil's political power or advocated for a low-carbon economy has probably heard a familiar rhetorical chestnut: "You hypocrite! You use oil products all the time. Hah! I bet you even drove to the protest rally." Before handing out Applied Ethics awards to these critics, the chestnut deserves closer inspection.

First, nobody is saying that we must turn off the fossil fuel taps tomorrow. The real choice is between a planned and fast phase-out of fossil fuels, or a catastrophic economic and social collapse as the fuels that took millions of years to produce, run out in a few decades. Most of the protests focus on the expansion of extreme energy, like the Alberta bitumen sands.

Second, most people I know who recognize greenhouse gases as a threat to human survival take reasonable steps to limit their carbon footprints. In our household, we wear sweaters indoors, frequently use public transit, avoid red meat (feed growing and cattle farts are big emitters), and recycle or compose everything possible. Our worst environmental sin is probably taking several flights a year – for business, family visits, a vacation every year or two. As a partial offset, we donate generously to organizations advocating for sane climate and energy policies. And we'd be fine if air fares doubled to pay for the airline industry's real costs of business, so long as income taxes were more progressive.

Point three: consumers can take small valuable steps, but they can't easily opt out of a high-carbon economy. Are we supposed to live in mud huts, communicate via bongo drums, and travel by foot-and-pedal power only? If it's winter, be sure to wear your parka. Oh wait, that's got synthetic fibres – a petroleum product.

In many cases, there aren't alternative products readily available; for example, electric cars are still an out-of-reach luxury for many. The consumer-focused market (i.e. capitalism) produces that which is profitable, not necessarily what is socially necessary, shifting responsibility onto consumers and away from where it most belongs: the institutions that are working to lock us further into fossil fuels. Public health advocates won the fight against Big Tobacco and saved thousands of lives by switching from blaming individual smokers, to focussing on the corporations that aggressively marketed it.

So it's time to flip the argument about hypocrisy. Who are the real hypocrites in the fossil fuel debates? They fall into three groups.

First, there's the supporters of fossil fuel expansion, and particularly extreme energy. They are hypocrites if they use products like coffee, that depend on climate stability. Oil executives should be required to vacation, or better still, live in the polluted, blasted landscapes on which their profits depend. How about a one-way ticket to Fort McMurray?

Second, how about politicians who promise to take climate action, and do the opposite once elected? The world's foremost example must be Prime Minister Justin Trudeau. The Paris accord on climate change, and his proposed carbon tax, were measures already weak enough before Trudeau made a mockery of Canada's climate commitments by agreeing to expand rather than phase out the bitumen sands.

The third group really takes the cake – Big Oil corporations. They have known since the 1970s and 80s about climate change – but like Big Tobacco a generation ago, chose to mislead the public and carry on their deadly business. They deliberately blocked investment in renewable energy – squeezing every last profitable drop out of the ground regardless of the consequences.

Fossil fuel use is hard-wired into the economy: the design of cities, transportation, and food supply, the very fabric of everyday life. It's ridiculous to suggest that we could turn off the taps tomorrow. But it's equally ridiculous to dismiss pro-climate public advocacy because people still have to use oil products. Do you have to drop out of society in order to participate in society? That's an impossible demand.

Pro-climate advocates as hypocrites? It's time to put that mouldy chestnut on the compost heap. ■

**Bob Hackett** is a Professor Emeritus of Communication at Simon Fraser University, and a co-founder of Media Democracy Day. His most recent co-authored book is *Journalism and Climate Crisis: Public Engagement, Media Alternatives* (Routledge, 2017).



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